

VITAL SIGNS

VOL IV No. 4

Naval Regional Medical Center, Orlando, Florida

1 January 1982

Chief of Medical Service Corps

CAPT Paul D. Nelson visits NRMCO

On 8 December 1981, Captain Paul D. Nelson, MSC, USN, Chief of the Medical Service Corps, visited the Naval Regional Medical Center, Orlando. Captain Nelson was making a command-visit-tour of the Medical facilities throughout the Southeastern part of the United States.

During the time he was on board, Captain Nelson toured NRMCO, NRMCO Annex, the Recruit Indoctrination Facility, the Naval Regional Dental Center, and the Naval Training Equipment Center.

Captain Nelson had the opportunity to visit the MSC officers in their work areas as well as to hold an informal meeting with them in which he briefed the MSC's on the current state of the Medical Service Corps.

Captain Nelson's itinerary on this Southeastern trip included visits to the Naval Aerospace Regional Medical Center, Pensacola, the Naval Biodynamics Laboratory and the Naval Regional Medical Clinic in New Orleans, the Naval Regional Medical Center, Jacksonville, the Naval Regional Medical Center, Charleston, and the Naval Hospital, Beaufort.

Captain Nelson is the seventh Chief of the Medical Service Corps and assumed this position on 1 June 1978. Prior to



CAPT Nelson receives NRMCO plaque from CAPT Fout.

U. S. Navy Photo

becoming the Chief of the Medical Service Corps, Captain Nelson's Navy career of more than twenty years was devoted primarily to medical research and development.

Captain Nelson is a Fellow of the American Psychological Association and the Inter-University Seminar on Armed Forces and Society, and holds the rank of Associate Professor at George Washington University. He and his wife, Martha, have 2 children: Jennifer and John.



**Do you
want
to quit?**

Here's help!

The first Smoking Cessation Classes of 1982 are scheduled to commence 26 January. The sessions run for six consecutive weeks and will be held each Tuesday from 1900 - 2100 in the William G. Lawson Room at the Naval Regional Medical Center.

Who is eligible? ANYONE who really wants to quit. Call CDR Dunn, X4054 or X4014 and sign up!

Make your New Year's resolution to quit and your 1982 motto can be, "Kiss me, I don't smoke!"

CDR Dunn is also looking for an instructor/moderator. If you are interested, call her.

Whooizzit?



DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)



Career Counselor's Corner

By HMC Rex M. Reeder

The Commander, Naval Military Personnel Command has recently announced a change in the first-term sea/shore rotation schedule for male hospital corps personnel. The first term ashore will now be 18 months. Effective immediately the following PRD's will be adjusted:

If you came on active duty in:	Your Orig. PRD was:	Your new PRD is:
JAN 80	JAN 82	* DEC 80
FEB 80	FEB 82	* DEC 80
MAR 80	MAR 82	* JAN 82
APR 80	APR 82	* JAN 82
MAY 80	MAY 82	* FEB 82
JUN 80	JUN 82	FEB 82
JUL 80	JUL 82	MAR 82
AUG 80	AUG 82	MAR 82
SEP 80	SEP 82	APR 82
OCT 80	OCT 82	APR 82
NOV 80	NOV 82	MAY 82
DEC 80	DEC 82	JUN 82
JAN 81	JAN 83	JUL 82
FEB 81	FEB 83	AUG 82
MAR 81	MAR 83	SEP 82
APR 81	APR 83	OCT 82
MAY 81	MAY 83	NOV 82
JUN 81	JUN 83	DEC 82
JUL 81	---	JAN 83
AUG 81	---	FEB 83

* Orders have already been issued.



Volunteer Hours

for November:

1,576

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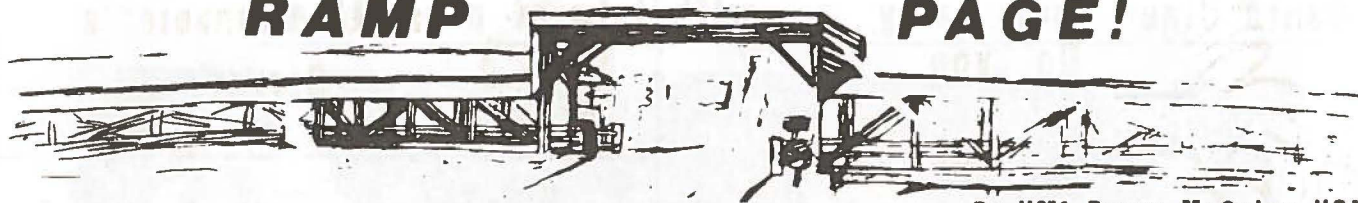
HMT Bogan McQuigg, USN

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMC(SS) R. C. CLEMENTS, USN

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RAMP**PAGE!**

By HM1 Bogan McQuigg, USN

What do you think was the most significant world event of 1981?



M. McGlasson, RN, Ward 3, Pediatrics: "The assassination attempt on President Reagan."



HMCS Sam Bonder, Security: "Slippery Sam's escape from the Far East without getting married!"



LT K. Meyer, Emergency Room: "The assassination of Anwar Sadat."



LCDR S. Snell, Ward 3 Medical: "The number of successful assassinations world wide."



Brenda Gore, Supply: "I know one that could have been really significant - working for CDR Truran and getting him to smile!"



HM2 K. Poirier, Laboratory: "Two successful launches of the space shuttle, Columbia."

Santa Claus came early . . . with lots of promotions!



Pictured with Captain Fout, the "frockees" are left to right: Front row - HM3 Deanna Hagen, HM3 Tari Hamlin, HM3 Shirlean Hall, HM3 Rita Hillis, and HM3 Wilma Haynes. Back row - Captain Fout, HM3 Jeannitta Jenks, HM3 William Hyneman, HM3 Michael Hodgson, and HM3 David Goudeau.

U. S. Navy Photo



More new HM3's with Captain Fout, left to right: Front row - HM3 Mark Douglas, HM3 Peggy Dimitry, HM3 Paul Csizmadia, HM3 Genaro Bondoc, HM3 Gloria Callahan, and HM3 Rodney Call. Back row: Captain Fout, HM3 James Flick, HM3 Glenn Flot, HM3 Timothy Artman, and HM3 Paul Bush.

U. S. Navy Photo



Captain Fout with another group of HM3's, left to right: Front row - HM3 Scott Swanson, HM3 Richard South, HM3 Laurent Marley, HM3 Dennis Jordan, and HM3 Gregory Newton. Back row - Captain Fout, HM3 Ernest Martinez, HM3 Ronald Scintilla, HM3 Barry Phillips, and HM3 Llewelin John.

U. S. Navy Photo



Captain Fout with the last, but not least, group of new HM3's, left to right: Front row - Captain Fout, Cathy Weaver, and HM3 Timothy Williams. Back row - HM3 Johnny White, HM3 Taylor Ward, HM3 Wiley Tucker, and HM3 Eric Tomten.

U. S. Navy Photo



Captain Fout with the new E-5's, left to right: Front row - ET2 John Begley (patient), Captain Fout, HM2 Virginia Mehlert, and HM2 Beverly Kirby. Back row - HM2 John Moran, HM2 Patricia Shockey, HM2 Raymond Shy, and HM2 Stuart Cronkhite.

U. S. Navy Photo

1981 Staff Christmas Party

"Tis the season to be jolly..."





... and more Christmas pictures



Nursing**Service**

By LT Steven W. Tudhope, NC, USNR

"I resolve...."

"res-o-lu-tion - 3. the act or process of resolving or determining as upon an action or course of action, method or procedure."

The above excerpt from Webster's dictionary has a particular impact and meaning this time of year. Every New Year we all make resolutions -- to change a particular habit or modify our behavior.

How many times have you heard some say, "I'm going to lose weight." or "I'm going to stop smoking!" The very statement of one's intent to change either a distasteful or undesirable pattern of behavior is admirable. Intent, however well meaning, is not enough to accomplish the goal. According to the definition, "determining the course of action, method or procedure," defines resolution as not only identifying the problem, but also formulating the method used to attain the goal. Without specific direction and guidance, it is sometimes difficult to "see the light at the end of the tunnel." It is at this point, that we sometimes falter. The priority of our resolution will sometimes diminish and we find ourselves no better off than when we started.

As we look to this New Year and make our resolutions, let us not lose sight of our goals. Formulate a desirable plan of action and follow it closely.... don't let your resolutions fall by the wayside.

Remember: Don't put off until next year what you can resolve this year!

**Chaplain's****Comments**

By LT J. L. Doss, CHC, USNR

Exercise... your faith!

The story is told of a rabbi and a soapmaker who went for a walk together. The soapmaker said: "What good is religion? Look at the trouble and misery in the world after thousands of years of religion. If religion is true, why should this be?" The rabbi said nothing. They continued walking until they came upon a child, filthy with mud and grime, playing in the gutter. The rabbi said: "Look at that child. You say that soap makes people clean. We've had soap for generation after generation, yet, look how dirty that child is. Of what value is soap?" The soapmaker protested, "But rabbi, soap can't do any good unless it is used!" "Exactly," replied the rabbi.

As this new year begins, resolve to place a renewed emphasis upon the practice of your faith. A dormant faith will atrophy and do little good for you or for those around you. A dynamic faith in God can make all the difference in the world; in fact, it will transform lives. Set aside some time every day for prayer and meditation.

Exercise your faith and 1982 will be a blessed year for you, your loved ones, and our nation.

Prayer Breakfast 4 February

Naval Training Command Orlando will hold a Prayer Breakfast for the Nation at 0730, Thursday, 4 February 1982, at the Mariner's Club. All members of the NTC Community are invited to join in this time of fellowship and prayer for our great land.

Cost for the breakfast buffet will be \$2.75.





Lab Line

By CAPT P. E. Petit, MC, USN

In appreciation...

Our NRM Blood Donor center is fortunate to have a small group of workers who provide an invaluable service. We would like to take this opportunity to thank our Red Cross Volunteers.

Mrs. Stella Anderson is the coordinator of our volunteers and tries hard to



Mrs. Anderson

lowing the phlebotomy. This frees the staff technicians to concentrate on donor



Mrs. Howard

see that we always have someone to help us during donor drawing days. Two of our regular workers are Mrs. Marti Howard and Mrs. "H." Andrews. They help us by maintaining the donor canteen and by monitoring the donors during the critical ten minute period following the phlebotomy. This frees the staff technicians to concentrate on donor screening and the component fractionation of the blood. The donors love the TLC they receive from the volunteers. The volunteers also make a special effort to express our appreciation to the donors for giving their blood. We always get excellent response to our

requests for blood donors with many donors returning to give a second or third time during their schooling.



Mrs. Andrews

We attribute much of this willingness to return to the way the donors are treated, and certainly a great deal of the credit for that must go to our volunteers. They have helped us with the nearly 1,000 donors that were drawn this year. The volunteers do a super job and we are certainly grateful for their help. Their contribution to our Blood Donor Center is clearly recognized and sincerely appreciated.



THIS

is a

bargain?

Did you know that an average cigarette is chuck-full of the following exciting ingredients:

hydrogen cyanide (in a concentration 160 times the amount considered safe in industry); ammonia; carbon monoxide; nicotine (one of the most powerful poisons known to man); butane (the gas used in camping stoves and lighters); tar (when at least 10 hydrocarbons has been administered to animals, it has produced cancer); and phenol (used to make glue, paint, and explosives!)

HAPPY

NEW

YEAR!



Master Shipwreck

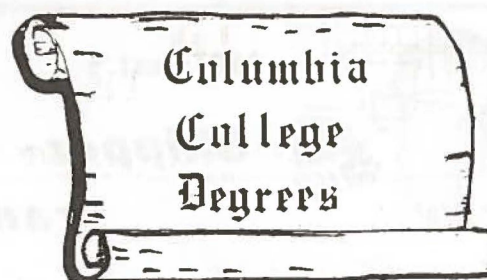
HMCM(SS) R. C. Clements, USN

Since I started writing a column for Vital Signs, I have devoted a lot of column space to education. There can never be enough said about preparing yourself for advancement in the Navy. The rewards for the time and effort you spend are so great. Each time you add another stripe on your sleeve, you receive benefits. A step up the ladder leads to increasing responsibilities, the opportunity to develop and polish your leadership skills, additional prestige, and of course you don't want to forget the monetary benefits.

For those who are interested in advanced schooling in the Navy, the opportunities are unlimited. Your Career Counselor, HMC Reeder, is ready and waiting to help you chart your course. As a matter of fact in our last issue of Vital Signs in the "Career Counselor's Corner," there was a complete listing of the speciality training available to both Hospital Corps personnel and Dental Technicians.

The Naval Regional Medical Center has always had a large number of personnel industriously involved in pursuing a higher education through the local colleges and thru the extended studies division available at NTC. We have had a very large number receive Associates Degrees and Bachelor Degrees and we have had several individuals receive commissions in the Navy as a result of their off-duty studies while stationed here. The commencement exercises of Columbia College on 11 December was truly a shining hour for NRMC personnel. Our staff represented over half of the persons receiving degrees. Just think - some day that could be YOU receiving a degree. A college degree is the stepping stone to an exciting future.

Get started right in 1982 - break open the books, study for advancement, start some college courses, and make this year a learning year!



Congratulations are in order for the staff members of NRMC Orlando who recently received degrees from Columbia College, Extended Studies Division, NTC, Orlando.

Receiving Bachelor of Arts Degrees were:

- HM1 Gerald A. Collis
- HMC Robert P. Edmondson
- HM2 Roland M. Galland
- HMC Pelagio N. Granados
- HMC Joel Harmon
- HM1 Alexander C. Loveless
- LT Edmund A. Niec
- * HM2 Johnny B. Perry
- * HM2 Garry Phillips
- HMCM David A. Templeton
- * HM1 William Trimble
- HMC Anthony J. Washington
- RP2 Alethia L. M. Wright
- * Now detached from NRMC

Receiving Associates of Arts Degrees were:

- DT1 Don Hackett
- HM2 Stanley MacDonald

Of spectacular note is the fact that there were twenty-eight Bachelor of Arts Degrees awarded and there were 16 NRMC staff members receiving their degrees. So NRMC staff represented 58% of the graduates. Congratulations again to our industrious, academically oriented, super staff!





CAPT Fout's

Skipper - gram

We have a duty

The following is an excerpt from what I consider to be a very important message from our Navy Surgeon General.

"... Unfortunately, in the past, too many otherwise responsible members and non-users have stood mute while abusers have dragged themselves and the Navy down. This can no longer be tolerated. Every member of the armed forces must understand that it is in the interest of the nation, the military, the drug user, and himself to bring pressure on the drug user to stop using drugs. Peer influence and pressure is in many ways a duty which we owe to our colleagues and to the Navy. In addition, non-abusers must report drug abuse with the clear sanction of the majority of service members as required by U. S. Navy Regulations..."

While this message may seem directed only at our armed forces, it, I believe, is equally pertinent to our civilian employees. Let's all join hands and make 1982 a banner year in the fight against drug abuse.

Happy New Year



CRA NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: Victoria McDougall and Betty White on 1 Jan; Charles C. Hipps on 3 Jan; Peggy Billups and Larry Glenn on 5 Jan; Emogene Heismann on 6 Jan; Jean Long on 7 Jan; Janet Cuccia, Nancy Lawson and Juliana Wilson on 8 Jan; Virginia Harrison on 11 Jan; Chauncey Jackson on 12 Jan; Willie McNair on 16 Jan; Deborah Lowder and Patricia Alexander on 17 Jan; Shirley Robertson and William Stokes on 18 Jan; Joseph Robichaud on 22 Jan; Betty Sheffield on 23 Jan; Billy Elaine, Gwendolyn County, Dorothy Tarrant, and Richard Tichy on 25 Jan; Joseph Kee, Muriel Lovejoy, and Betty Mullen on 27 Jan; and Joseph Kinzler on 31 Jan.

Chief Phillips transfers



HMC Alexander Phillips, Assistant Chief, HumResManSvc, received a Letter of Commendation from Captain Fout on 3 December as he transferred to the Fleet Training Group, WestPac.

Whooizzit

It's HM1 William Lovelady, USN, the Military Office Supervisor for Human Resource Management Service. Petty Officer



Lovelady reported on board 7 October 1981 from duty with the 2nd Marine Division, Camp Lejeune. HM1 Lovelady is a true native of Florida. He was born in Eustis and raised in Zellwood and still makes his home in Zellwood.

Petty Officer Lovelady is approaching the twelve year mark in his Naval career.